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# History Taking: Stress

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**Medical Disclaimer:** The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, [drritamarie.com](http://drritamarie.com), and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.



# Current Health and Exposures

## Stress Evaluation and Risk

- ✓ Daily stressors
- ✓ Major life events
- ✓ Physical limitations
- ✓ Family dynamics



# Stress Evaluation Assessment

